My Five Senses Observation Journal

A week of noticing for ages 6-8

One sense a day. Draw what you notice, write what you find, and finish the week like a real scientist.

Draw yourself as a scientist here

My name: _____

Start date: _____

Bright Play Days

Day 1 - Sight

Sit in your journal spot for five minutes and look slowly. Find five things you never really noticed before.

Focus question: What is the most interesting thing you saw today, and what makes it special?

Draw two things you spotted

Write about what you noticed:

Day 2 - Hearing

Close your eyes for two minutes and just listen. Then draw a sound map: you in the middle, near sounds close, far sounds at the edges.

Focus question: Which sound was the loudest, which was the softest, and which had you never noticed before?

Draw your sound map

Write about what you noticed:

Day 3 - Smell and Taste

Ask a parent to line up three smell cups and two familiar foods to taste. Sniff each cup with your eyes closed and guess before you look. Taste one small bite, chewed slowly. (Parent-provided foods only - never taste anything foraged.)

Focus question: Which sense was right more often - my nose or my tongue?

Draw each smell cup and taste

Write about what you noticed:

Day 4 - Touch

Ask a parent to fill a pillowcase with five familiar objects - nothing sharp or breakable. Without looking, feel each one and draw what you think it is before you pull it out.

Focus question: Which object surprised you most by touch, and why?

Draw what you felt in the mystery bag

Write about what you noticed:

Day 5 - Tally - Busiest Sense

Flip back through Days 1-4. Count everything each sense found and circle the top scorer - your busiest sense of the week.

Focus question: Which sense was hardest to use, and why?

Sense	Tally marks (one mark per thing found)	Total
Sight		
Hearing		
Smell		
Taste		
Touch		

My busiest sense is: _____

Draw your busiest sense at work

Why was the hardest sense hard to use?

Day 6 - Outdoor Expedition

Take your journal outside for fifteen minutes. Use all five senses on one page: one quick drawing and one sentence per sense.

Focus question: What did nature help you notice that you would miss indoors?

Draw something from your expedition

One sentence per sense:

Day 7 - The Week in Review

Look back through your whole journal. Pick your favorite discovery of the week and get ready to present your journal to your family - like a real scientist.

Focus question: What is the one discovery from this week you most want to tell someone about?

Draw your favorite discovery

My favorite discovery was:

Signed: _____

Sign like a scientist - this journal is your own research.

My Favorite Discovery

The last page of your journal. Draw the discovery you are proudest of, write down what your senses taught you, and sign it.

Draw your favorite discovery here - big and detailed

3 things my senses taught me:

Signed: _____

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